



# Wimbledon College

## Extra-Curricular Activities 2022-23

Wimbledon College offers a large range of extra-curricular activities. These complement the curriculum and offer pupils the opportunity for learning and developing in different ways. There is a wide range of major and minor sports. Music and drama are also significant areas of activity in the school.

All pupils are encouraged to participate in at least two activities and most do so. By getting involved in activities beyond the classroom, pupils participate in the life of the school and have ownership of their school. This supports their studies and, time and again, we see that those who are most involved in the extra-curricular programme are those who do best in their studies.

There are also opportunities for parents.

Recent research in schools showed that in schools offering 30 or more extra-curricular activities, pupils' GCSE results (and especially in the case of pupils) could be raised by as much as 66%. It is certainly our experience that pupils who are heavily engaged in the extra-curricular life of the school both do well academically and tend to be happier well-adjusted people.

Whether you are parent or pupil, do get involved in the extra-curricular programme at Wimbledon College: expand your horizons and make the most of your God-given talents.



Wimbledon College is a Jesuit School of the British Province of the Society of Jesus



Science

Wimbledon College was designated a Specialist Science and Mathematics School in September 2008

THE ROYAL SOCIETY  
Associate Schools and Colleges

Wimbledon College is an Associate School of the Royal Society

# Chaplaincy

The chaplaincy is one of the many ways in which Wimbledon College cares for each individual student as a whole rounded person. Our Jesuit identity and Catholic Christian faith are interwoven through all we do as a school, but the Chaplaincy has a particular role within this for helping students to have opportunities to develop their faith and relationship with God, to ask questions, to learn and explore, to reflect on their own lives, to be challenged by new experiences, and to see how the faith links with their lives.

The Chaplaincy is there for each and every student; it always has an 'open door' for anyone who is seeking some help or support, and works closely with the PSAs and Heads of Line to provide pastoral care. There is a very wide range of activities and opportunities on offer for all students to be able to be involved in some way. You can keep up to date with Chaplaincy activities through the chaplaincy section of the website.

## Figures & Rudiments Chaplaincy Activity Group

A group for Figures and Rudiments students where we will take part in activities like art projects, origami making, rosary making, watching films, social justice campaigns and games.

Figures & Rudiments  
Tuesday Lunch-time 12.40-1.20pm (Chaplaincy Office)

## Lower Grammar Chaplaincy Group

A group for Lower Grammar students to take part in chaplaincy activities like, engaging with social justice issues, discussions, watching films, and creative activities.

Lower Grammar  
Wednesday Lunchtime 12.40-1.20pm (Chaplaincy Office)

## Merton Citizens Group

Wimbledon College is part of Merton Citizens, a group of organisations in Merton who work together to help improve our local community. If you want to help learn leadership skills, put your faith into action, and get involved in making a difference in the wider community, then join us on Tuesdays. Current projects involve Refugee Welcome, Mental Health, the environment, and engaging young people in politics and democracy.



Higher Line & Sixth Form  
Tuesdays 10:30-10:50 (Chaplaincy Office)

## Higher Line & Sixth Form Film & Discussion Group

This group watches films together and discusses them. The films are chosen to help explore Christian themes or themes of social justice.

Higher Line & Sixth Form  
Thursdays 12.40-1.20pm (Chaplaincy Office)

## Audio Visual (AV) Club

A chance for students to develop photography, videography, sound recording, digital art, and photo & video editing skills.

Lower Line – Monday Lunch-times

Higher Line and Sixth Form – Friday Lunch-times 12.40-1.20pm (Chaplaincy Office)

## Guild of St Stephen (Altar Serving)

The school has a large group of Altar Servers. To recognise their enthusiasm and commitment we have started a Guild of St Stephen in the school. Students who regularly serve at the major school masses, will be eligible for the bronze medal, which they will then be able to wear whenever serving in the school.



Open to all – Apply to the Chaplaincy

## Eucharistic Ministry

Sixth Formers are invited to train as Extra ordinary Ministers of Holy Communion and then to help distribute communion at College Masses.

**Exclusive to  
Sixth Form**

Sixth Form

Training begins in September

## Homeless Sleep Out

It is estimated that over 15,000 are homeless in London. This is a major social problem of our times. The Homelessness Experience aims to inform and allow Sixth Form pupils to experience homelessness first hand. Pupils will spend a night sleeping rough on the school playgrounds, as well as discovering some of the real-life stories of homeless people, spending time in prayer and reflection, and using the experience as a fundraising opportunity to support some of the charities that do great work in supporting homeless people and helping to transform their lives.

**Exclusive to  
Sixth Form**

Sixth Form

Date July (*exact date TBC*)

# Music

## Wimbledon College Choir

This Choir sings at school liturgies and concerts. Joining this choir is through audition only. The choir goes on annual tour. Next year this will be to Venice and Tuscany and past tours have included Rome, Venice, Tuscany, Seville and Krakow.

**Trebles (Sopranos): Tuesday and Thursday in MU2 at 7.55am**

**Altos: Tuesday and Wednesday in MU2 at 7.55am**

**Tenors: Tuesday and Thursday in MU2 at morning break**

**Basses: Tuesday and Friday in MU2 at morning break**

**Changing/breaking voices: Thursday lunchtime in MU2**

**Full Choir: Friday in MU2 at 7.55am**

Mr I Thomas

## Instrumental and Voice Music Tuition

Instrumental tuition is available for almost every instrument. Voice and music theory lessons are also available. Further information is available on the school website. Please note that pupils are withdrawn from timetable for instrumental music tuition. However, we try to schedule lessons so that the same subject is not consistently missed. **Information has been emailed to parents. Please email**

**[musicdepartment@wimbledoncollege.org.uk](mailto:musicdepartment@wimbledoncollege.org.uk) with any queries or fill in the Google Form below:**

<https://docs.google.com/forms/d/1AKN7I7an5vz0PHhWlhriLBreTxu5udY26wLUYxNfMdA/edit>

Mr I Thomas

## House Music Competition

The annual Music Competition is open to all pupils and a variety of prizes will be on offer. Everyone is welcome to perform in the day-heats where you will be given specific feedback. The most successful performances will be invited to perform at the competition final where the winners will be announced.

Autumn 2022

Final: Tuesday 22<sup>nd</sup> November 2022 at 7pm in the College Hall

## Saturday Music School

There are also instrumental lessons on Saturdays between 8am and 6pm. Lessons offered are instrumental or group tuition for piano, violin, drums, guitar, voice, saxophone, ukulele, group keyboard and music theory. Music lessons on Saturdays are available to all children, whether or not pupils of Wimbledon College, and to adults. Please visit <https://mmf.org.uk/wimbledoncollege/> for further information.

## Guitar Club

A chance to share song ideas, jam and learn new guitar playing styles.

Exact time and day TBC but Thursday or Friday lunchtime likely

## College Orchestra

The Wimbledon College Orchestra rehearse in MU1 on Monday lunchtimes. This is suitable for orchestral musicians of all abilities. Please see Mr Thomas for a lunch pass.

Monday lunchtime in MU1  
Mr I Thomas

## Swing Band

This ensemble is for musicians who are Grade 4 and above and is by invitation only. Please email [musicdepartment@wimbledoncollege.org.uk](mailto:musicdepartment@wimbledoncollege.org.uk) if you are interested (particularly pupils who have been involved before). Please see Mr Reynolds for a lunch pass.

Thursday lunchtime in MU1  
Mr J Reynolds

## Strings Project

This venture in music education was started in 2005. We aim to offer a large group of pupils in Figures (Y7) and Rudiments (Y8) the opportunity of learning a string instrument (violin, viola, cello or double bass) free of charge for a year. The instrument is also loaned free. Pupils are asked to commit 20 minutes a night to practice. In school they will work in ensembles and be taught in groups by specialist strings tutors. At the end of the course the pupils will take part in a concert.

**All parents in year 7 and 8 have been emailed about this. Please fill out the Google Form below:**

[https://docs.google.com/forms/d/1QA\\_mtOrxVJOpSkbmpyCnCXiFf1i7CpkS-LxF7DZl7ec/edit](https://docs.google.com/forms/d/1QA_mtOrxVJOpSkbmpyCnCXiFf1i7CpkS-LxF7DZl7ec/edit)

## Pop/Glee Choir

This is open to all musicians who wish to sing in a non-liturgical choir.

Monday at break

## Rock Bands

There are a number of school bands that are always looking for new members. Contact Mr I Thomas for details

TBC  
Student led

# Drama

## Wimbledon College Drama Productions

Inigo by Jonathan Moore

Open to all year groups

Auditions Tuesday 20 September at 3.10pm in Drama Studio 1

Rehearsals Tuesday 3.10pm to 5pm

Performances: 8<sup>th</sup> and 9<sup>th</sup> December 2022

## National Theatre Connections Festival

Connections is the National Theatre's annual, nationwide Youth Theatre Festival.

Bringing together the work of leading playwrights, participants rehearse and perform one of 10 new plays specifically written for the National Theatre connections.

Open to Yr 10-13

Auditions Wednesday 21 September 2022 3.10pm Drama Studio 1

Rehearsals Wednesdays 3.10 - 4.30pm

Drama Studio 1

Ms K O'Brien / R Moore

Performances February 2023 in school and March 2023 in Peckham Theatre

## The Kings College Community Performance

Open to Yr 7 - 9

Friday 3.10-4.30pm

Drama Studio 1

Ms K O'Brien

Performance at Kings College 17 March 2023

## General Performing Arts and Film Studies activities:

### Drama and Performing Arts workshops and study sessions

Yr 11-13

Thursdays 3.10-4.30pm

Drama Studio 1

### Film Studies revision breakfast club

Yr 13

Friday 7.45-8.30am

DT3

### D and D club

Open to all

Tuesday lunchtime

Drama Studio 2

# Activities

## Alpha Club

(The hour of Hope and Inspiration)

**Who am I?**

**What is life all about?**

**What am I doing here?**

**How can I live a fulfilling life?**

**Is there more to life than this?**



Every Wednesday lunch time you will have the opportunity to debate (**Eloquent**), be **Curious, Faith-filled, Intentional, Learned, Wise, Discerning, Compassionate** and **Active** by asking questions bothering your mind regarding issues pertaining to **LIFE** in a safe, non-threatening environment. No question is too simple or unimportant.

**Yr 10-13**

Wednesday lunch time session starts at 12.45pm in MA4

Mr R Ayidah

The session begins at **12.45pm** prompt with a short video followed by group discussions.

**Above all else, guard your heart, for everything you do flows from it! (Prov 4:23)**

## Army Cadets

Wimbledon College has its own detachment of the Army Cadet Force (ACF) belonging to the Princess of Wales's Royal Regiment (Infantry). Army Cadets offer pupils a wide range of activities including field-craft, survival, map reading, first aid, weapons training, drill and sports. There are weekend camps, fun activities and an annual summer camp. Cadets also offer pupils the opportunity to complete the Bronze, Silver and Gold levels of the Duke of Edinburgh Award Scheme as well as the BTEC programme.

**Who can join:** Y8 and above (you must be 12 at the time of joining) – Intake for new recruits - date to be confirmed

**Parade day and time:** Thursdays 7.00 – 9.00pm

**Kit:** Uniform supplied by the Army (except boots)

**Cost** – Nil per week

No cost for weekly and most weekend activities (summer camp costs around £90 for two weeks)

Detachment Commander CS Cox, SI Hicks, PI Powell

## Art Club

An opportunity for pupils to extend their skills in areas of Art that they may not experience in lesson time.

**Y7-Y9**

Wednesdays 3.15-4.15pm (Art2)

Mr N England

## **Art GCSE Support**

Additional time and coursework support for pupils doing GCSE Art.

### **Y10**

Tuesdays 3.15–5.15pm (ART1) Mr England

### **Y11**

Thursdays 3.15-4.15pm (ART1) Miss K Kitchenham

## **Comic Club**

An opportunity for pupils to learn how to draw like a comic book artist.

### **Y7- Y13**

Wednesdays 3.15-4.15pm (Art1)

Miss K Kitchenham

## **DT Club (starts after Christmas)**

An opportunity for pupils to extend their skills in areas of DT that they may not experience in lesson time.

Yr7-9

3.15-4.15pm (DT1)

Mr J Syer

## **Design Technology GCSE Support**

Additional time and coursework support for pupils doing GCSE Design Technology.

### **Y10**

Wednesdays 3.15 – 4.15pm (DT1) Mr J Syer

### **Y11**

Mondays and Wednesdays 3.15-4.15pm Ms T Wilson (DT2)

## **Art and Photography A-Level Support**

Additional time and coursework support for pupils doing A-Level Art and A-Level Photography.

### **Yr12-13**

Tuesdays 3.15-5.15pm (Art1)

Pupils doing A-Level Art and Photography are also welcome to use the Sixth Form Art Room and Art IT during study periods, lunch and after school

## **Board Games Club**

An opportunity for pupils to enjoy classic board games and friendly competition.

### **Y7-Y9**

Mondays 12.40-1.20pm Art2

Mr N England and Miss K O'Brien

## Chess

All standards of player are welcome from beginners to experts. There is a league, a chess ladder and we enter competitions against other schools. There are also daily competitions against the digital timer, and chess problem solving questions to be cracked.

### Y7-Y13

Thursdays 12.40–1.20pm MA6 – Mr L Vairavamoorthy

Fridays 12.40-1.20pm H4 - Mr M Simpson

## Computer Science Club

Computer Science Club is open to pupils in Years 7 to 8 who would like to develop logical reasoning and problem solving talents, develop programming skills and have computer access to complete homework.

### Y7-Y8

Thursday 12.40-1.20pm starting after half term

Mr S Kuczewski

## Craft Club

An opportunity to make models from dough, which can be painted once dried. Pupils get the opportunity to be creative, whilst practising fine motor skills. This is especially useful for pupils with Dyspraxia.

### Y7-9

Tuesdays 12.40–1.20pm Brackenbury's

Ms S Morgan

## Duke of Edinburgh Bronze Award

The Duke of Edinburgh Bronze award is available at the College to pupils entering Year 10. The award requires pupils to complete a physical, skills and volunteering section in their own time for a time period of up to 6 months. The final section is the completion of a 2 day self-sufficient expedition of the Surrey Hills where pupils will work as a team to navigate their way through the countryside, be responsible for their equipment and cook and prepare their food for each day. The award is very popular with up to 50 pupils participating in the award each year, some of whom later go on to complete the Gold Award with Merton whilst studying in the Sixth Form. It is a nationally recognised award and has been seen to have a real impact on our pupils, who upon completion have grown in confidence and developed a range of life skills that fit closely with the characteristics and virtues of the Jesuit Pupil Profile.

For more information about the Duke of Edinburgh award please visit [www.dofe.org](http://www.dofe.org)

Duke of Edinburgh Co-Ordinator

Mr C O'Connor

## Handwriting Club

A chance to learn how to write in a neat, cursive script. Lots of opportunities to get proficient with writing patterns and to develop a joined-up writing style.

### Y7-11

Fridays 12.40–1.20pm Brackenbury's

Ms S Morgan

## Homework Club

This club is run by the English support team, so is especially useful for pupils who are struggling with their English homework, or with English in general. However, support will be given for any problematic homework.

Y7-11

Every day during break, lunchtime and after school until 4pm

Brackenbury

## Lego Club

The Lego Club will be open to all pupils in Y7 who would like to build and play with technical Lego in a warm and friendly environment. The club has a vast range of advanced Lego pieces. Each week a theme is decided to base the building of models on and prizes are awarded for the best one. Each school term members of the Club undertake the building of a large project model which is in turn displayed for pupils and staff to enjoy within the reception foyer. This is a fantastic opportunity to escape from the hustle and bustle of the school playground and join one of the most popular lunch time clubs the College has to offer pupils. Members of the Club visit Legoland in Windsor in the Summer Term.

Y7

Wednesdays and Fridays 12.40–1.20pm IT4 (Business classroom)

Mr S Afshar, Mrs B Waghorn and R Stephenson

## Library

The School Library is a space for pupils to read quietly, to borrow and share books. There will also be opportunities to enter competitions, write reviews and to participate in book reading schemes.

Y7-Y9

Monday, Wednesday and Friday lunchtime in EN2

Mr M Slemp

## Literature Club

Exploring literature outside of the curriculum

Yr 11-13

Monday lunch time in EN5

Mr M Simpson

## Short Stories

Creative reading and writing

Yr7-9

Wednesday lunchtime in EN1

Mr J Joseph

## Debate

We will be debating topics ranging from school life to global politics, everything from school uniform to socialism

### **Open to all years**

Friday lunchtime in EN5

Mr Marchant and Dr Taylor

## Scrabble

Come and play Scrabble with other students from Years 7,8 and 9. You will be guaranteed a club that is fun, creative and mentally challenging. The board game will help build up your vocabulary and improve your literacy skills. It's also a game of strategy and will definitely be for those who like to take part in a battle of wits!

### **Yr7-9**

Wednesday lunch time in EN3

Ms L Yeung

## Maths Enrichment Breakfast Club

### **What's for breakfast?**

UKMT Mentoring, problem solving techniques, GCSE revision

### **Who is being served?**

Any curious and learned KS4 student, who is always looking for the **NEXT CHALLENGE in Mathematics.**

Yr 10-11

Thursdays 7.50-8.20am before school

MA4

Mr R Ayidah

## MFL Syntax French help

Practising the 4 skills for exams

Yr 11

Mondays 12.40-1.15pm ML3

Mrs Anderson and Miss Bagardie

## MFL Grammar and Syntax French help

Practising the 4 skills for exams

Yr 10-11

Fridays 12.40-1.15pm ML5

Mrs Jonasson

## **MFL KS4 Spanish help**

Practising the 4 skills for exams

Yr 11  
Fridays 12.40-1.15pm ML1  
Miss Cameron-Webb

## **MFL KS5 Spanish help**

Exam preparation

Yr12-13  
Fridays 12.40-1.15pm ML5  
Ms Picton

## **Model Railway Club**

The Brackebury Model Railway club has its own track and rolling stock layout in a dedicated Model Railway Club room. Please apply to the Senior LSA, Mrs Waghorn in Brackebury for permission to attend

**Y7-Y11**  
Mondays 12.40-1.20pm  
Mr J Austin and Mrs B Waghorn

## **Peer Mentoring**

Sixth Form pupils act as peer mentors and offer help to younger pupils, especially in Y7 and Y8. This help can be general or in specific subject areas, often in reading and literacy and basic maths. Mentoring is done on a one-to-one basis and the programme is overseen by the Special Needs department.

Sixth Form  
Days and locations vary to suit mentor and pupil

## **School Council**

The School Council meets twice a year and provides an opportunity for pupils to have their say and contribute to the development of policies and arrangements which affect their lives at school. Each Tutor Group elects a representative and Council meetings are preceded by an extended tutor period which encourages every pupil to discuss the agenda. Minutes from the meeting are discussed at the next available Senior Leadership Team Meeting.

## **Study Hub**

A quiet space where pupils can complete their homework, coursework or get support with their organisational and study skills.

**Y7-11**  
Monday – Friday 3.20-4.20pm  
IT2 & IT3

## **War Hammer Craft**

This club is open to all pupils in Year 8 and 9 who wish to play 'War Hammer' games and build and paint model characters ranging from 'Space Marines' to 'Orcs & Skelton armies'. Very much like a 'Games Workshop' club.

### **Y8-9**

Wednesday and Friday 12.40 -1.20pm IT4 (Business Classroom)  
Mr S Afshar, Mrs B Waghorn and Mr R Stephenson

## **Pokémon club**

This club is open to pupils in Years 7,8 and 9 - trading Pokémon cards, Pokémon go, watching Pokémon – all things Pokémon!

### **Yr7-9**

Thursdays 12.40-1.15pm Sc 5  
Ms Hill

# YOUNG SCIENTISTS

## Chemistry GCSE and A- Level Support

These weekly sessions allow A Level and GCSE pupils to receive extra support on any topic they are finding difficult. It involves small group teaching, problem solving and one to one support where needed. Those looking for an additional challenge at A-Level are also welcomed and accommodated working towards the Chemistry Olympiad run by the Royal Society of Chemistry and the Cambridge University Chemistry Challenge.

Yr 12 & 13 Support – Thursdays 3.10pm (Sc5) Mr Graham  
GCSE Support Year 11 – Wednesdays 12.40-1.20pm (Sc3) Mr Sadiq

## Physics Support

These weekly sessions allow GCSE and A level students to receive additional support and mentoring on topics which they find difficult. There will be the opportunity for individual support as well as peer mentoring from the Yr 12 & 13 students for the younger students. Other activities will also take place where students can carry out practical work with guidance; videos will be available and shown on a monthly basis. Students will have access to the extra resources such as text books and journals which are crucial for the breadth of reading that is required for A level studies.

**A Level and GCSE Students**  
Friday lunchtime 1240-1.20pm in Sc7  
Mr Fenocchi

## Science Club

As a science and maths specialist school, we offer a number of enrichment activities in these areas. The science clubs provide an opportunity for scientists to extend their knowledge and design their own experiments.



Science

**Y7-Y9**  
12.45-1.15pm day and venue TBA  
Ms Hill and Mr Woodhall

## KS4 Stem Club (starts in the Spring term)

This science club offers an opportunity to look at some areas of science in a deeper way over a longer period of time. It will involve project work or mini investigations. It will often involve small group work, a key skill needed in the modern world.

**Y10-11**  
12.45-1.15pm in Sc6 day TBA  
Mr Lalljee

## Scouts

The Sacred Heart Parish Wimbledon has a large and thriving Scout Group. Many College pupils are committed and enthusiastic members of the group which is open to all. As well as a full programme of weekly and weekend activities, there is an annual camp.

10½ -14 years of age  
Mondays 7.30 - 9.00pm  
Sacred Heart Parish Hall, Edge Hill  
Contact: Mr M Orbell email: michaelorbell@hotmail.com

# Major Sports

The **Major Sports** programme is the core of the sporting activity and offer at the College. We currently have seven major sports: **RUGBY, RUGBY 7s, FOOTBALL, CRICKET, BASKETBALL, ATHLETICS and SWIMMING.**

The aim of the Major Sports programme is:

- to involve large numbers of pupils and field as many competitive teams as possible
- to select teams on talent
- to run a full fixture list against other schools
- to enter competitions
- to train at least once a week
- to give pupils the opportunity and encouragement to play at district, county, regional and national level

All pupils are encouraged to try out for the Major Sports. Pupils who have a talent for a sport and are selected for teams will be expected to train and play for the school. This must take precedence over out-of-school teams and commitments.

A full list of fixtures, team sheets and match details can be found on the School Sports website <https://www.socscms.com> which is synchronised to the College's own website; <http://www.wimbledoncollegesport.org.uk/Default.asp?Id=562>

Regular updates, stories and achievements are posted on the Sports Department Twitter page @wimb\_coll\_rugby please follow, like and retweet

Director of Sport: **Mr J Simon**

## Athletics

We field teams in a full range of competitions: Road Running, Cross Country Running, Sports Hall, Indoor Athletics, and Track and Field Athletics.

Pupils participate in local, regional and national competitions where they compete against other schools and clubs. There is the possibility of borough, district, county, and regional representation too!

Athletics practice takes place throughout the year:

**Winter Term** - we train for Road Running, Cross Country, Sports Hall, and Indoor Athletics.

**Summer Term** - we train for Track and Field Athletics.

Pupils are coached in the full range of Athletic disciplines:

Sprinting, Middle Distance Running, Long Distance Running, Hurdles, Relay, Long Jump, Triple Jump, High Jump, Discus, Shot Putt, Javelin and Hammer.

Training is open to all pupils, in all years. It takes place on Mondays at lunch time in the Sports Hall / on the school field. In the Summer term, once a week after school, we travel to Wimbledon Park Athletics Stadium, and use the facilities there.

Training kit – College PE kit and trainers

Competitions – College running vest and running spikes are provided. Pupils must bring their own white shorts, white socks, trainers and running spikes (if they have a personal pair)

Master i/c of Athletics: Mr A Soalla-Bell

## Basketball

Basketball is an ever-growing sport in this country and has been established as a Major Sport at Wimbledon College for many years. All Wimbledon College teams participate in Surrey Leagues and Cups and in 2019 our Year 9 squad made the Surrey League Finals. Domestically there are Merton Festivals in which all teams play.

### Autumn & Spring Terms

**Y7** Thursdays 3.15 – 4.45pm (Sports Hall)

**Y8** Wednesdays 3.15 – 4.45pm (Sports Hall)

**Y9-Y10** Tuesdays 3.15-4.45pm (Sports Hall)

College PE kit for training, match kit provided

Master i/c: Mr J Simon

## Cricket

Cricket is the main sport in the **Summer Term**. Indoor nets begin after the February half term break in preparation for fixtures beginning after Easter. All year groups have A and B teams and the U12 have a C team. There is an extensive cricket fixture list against other schools played predominantly on a games afternoon. Outdoor cricket nets, built in 2010, have also extended opportunities for practice and the addition of a bowling machine has helped coaches target specific areas for improvement.

		Winter Nets (After Feb ½ term – Easter)	Summer Cricket Training
<b>Y7</b>	U12A	Tuesday 3.15 – 4.30pm	Monday 3.10 – 4.45pm
	U12B		
	U12C		
<b>Y8</b>	U13A	Thursday 3.15 – 4.30pm	Thursday 3.15 – 4.45pm
	U13B		
<b>Y9</b>	U14A	Thursday 3.15 – 4.30pm	Thursday 3.15 – 4.45pm
	U14B		
<b>Y10</b>	U15A	Wednesday 3.15 – 4.30pm	Wednesday 3.15 – 4.45pm
	U15B		
<b>Seniors</b>	1 <sup>st</sup> XV/Senior	Wednesday 3.15 – 4.45pm	Tuesday 3.15 – 4.45pm

Cricket whites for training and fixtures

Master i/c Cricket: Mr N Hulatt

**Please note timetable may change closer to the time**

## Football

Following much success, particularly in the Surrey Cup, Football, along with Rugby Sevens, becomes the main sport in the **Spring term**. All year groups have A & B teams, with occasional C teams. Fixtures take place on Saturdays and during the week, and are against some of the most prestigious schools in the London area. All year groups enter the Surrey Cup, whilst the 1<sup>st</sup> XI also enter the National Catholic Schools cup.

	Team	Football Training
Y7	U12A	Mondays 3.15 – 4.45pm
	U12B	
Y8	U13A	Tuesdays 3.15 – 4.45pm
	U13B	
Y9	U14A	Wednesdays 3.15 – 4.45pm
	U14B	
Y10	U15A	Tuesdays 3.15 – 4.45pm
	U15B	
Yr 11 and Seniors	1 <sup>st</sup> XI	Wednesdays 3.15 - 4.45pm
	2 <sup>nd</sup> XI	

College rugby kit for training and fixtures  
Master i/c Football: Mr C O'Connor

## Rugby

Rugby is the main sport in the **Autumn Term**. All year groups have A and B and some C teams, with occasional further teams at U12, U13 & U14 level. There is an extensive rugby fixture list against many of the most prestigious schools in London and the South East. Most fixtures take place on Saturdays. There are also games during the week, including for the National Schools (used to be Daily Mail) Cup for the U15's and the 1<sup>st</sup> XV as well as the new National schools cup competition for the U14s age group. The College also runs rugby tours every two years. In 2018 the U14's & U15's toured British Columbia (Canada) and Washington State (USA), whilst the seniors toured Australia in 2014. Tours in 2020 we unfortunately cancelled due to Covid-19 restrictions but have resumed for 2023 (U18 touring Portugal) and with further tours planned for 2024 for the Senior U16-18 (South Africa) and Junior 14 & U15 age groups (destination tbc)

Training takes place on the school field on the following days.

	Team	Rugby Training	Staff
Y7	U12A	Mondays 3.15 – 4.45pm	Mr J Simon
	U12B		Ms T Wilson
	U12C		Mr N Hallett
	U12DEF		Mr T Causton/Mr J Potter/ Mr D Hayward
Y8	U13A	Wednesday 3.15 – 4.45pm	Mr C O'Connor
	U13B		Mr C Van Der Hoeven
	U13C		Mr I Thomas
	U13D		Mr A Laing
Y9	U14A	Thursdays 3.15 – 4.45pm	Mr J Stock
	U14B		Mr J Farrell
	U14C		Mr R Milloy
	U14D		Mr P Fitcher
Y10	U15A	Wednesdays 3.15 – 4.45pm	Mr D Bracken
	U15B		Mr A Soalla-Bell
	U15C		Mr T Woodhall
Y11	U16A	Tuesdays 3.15 – 4.45pm	Mr G Blowes
	U16B		Mr J Skinner
Seniors	1 <sup>st</sup> XV	Tuesdays and Fridays 3.15 – 5.00pm	Mr N Hallett & Mr Hillhouse
	2 <sup>nd</sup> XV		Mr D Doran & Mr W Shepherd

College rugby kit for training and fixtures  
Master i/c Rugby and Rugby Sevens: Mr N Hallett

**Training details are correct at time of print but will be subject to change once work commences on the College playing field.**

This will change all training nights and be conducted at our playing fields at Coombe Lane after school on the days that the year group has their GAMES session in the afternoon;

- Monday = Lower Grammar (Y9)
- Tuesday = Rudiments (Y8)
- Wednesday = Syntax (Y11) & Seniors (Y12 & Y13)
- Thursday = Grammar (Y10)
- Friday = Figures (Y7) & Seniors (Y12 & Y13)

**Games sessions will be extended for a further 60-90 minutes to facilitate travel time for both staff and pupils in Population 2 who are at school. Transport will be available for those at school**

## Rugby Sevens

Rugby Sevens runs alongside Football as the main sport in the **Spring Term**. The College has achieved much success in rugby sevens with many tournament victories, including the Rosslyn Park National Sevens in 2010, 2013 and 2014. Training begins in January, with tournaments running in February and March. Tournaments take place both during the week and on some weekends. Our own John Pieroni U15 Sevens takes place during the Spring Term.

	Team	Rugby Sevens Training	Staff
Y7	U12	Fridays 3.15 – 4.45pm	Mr J Simon & Mr N Hallett
Y8	U13	Fridays 3.15 – 4.45pm	Mr C O'Connor & Mr vd Hoeven
Y9	U14	Thursdays 3.15 – 4.45pm	Mr J Stock & Mr J Farrell
Y10	U15	Fridays 3.15 – 4.45pm	Mr D Bracken & Mr A Soalla-Bell
Y11	U16	Thursdays 3.15 – 4.45pm	Mr G Blowes & Mr J Skinner
Seniors	1 <sup>st</sup> VII	Thursdays 3.15 – 4.45pm	Mr N Hallett & D Doran

College rugby kit for training and fixtures  
Master i/c Rugby and Rugby Sevens: Mr N Hallett

**Training details are correct at time of print but will be subject to change once work commences on the College playing field.**

This will change all training nights and be conducted at our playing fields after school on the days that the year group has their GAMES session in the afternoon;

- Monday = Lower Grammar (Y9)
- Tuesday = Rudiments (Y8)
- Wednesday = Syntax (Y11) & Seniors (Y12 & Y13)
- Thursday = Grammar (Y10)
- Friday = Figures (Y7)

**Games sessions will be extended for a further 60 minutes to facilitate travel time for both staff and pupils in Population 2 who are at school.**

## Swimming

The College swimming team competes in around 14 galas in the **Autumn and Spring Terms** against other schools and participates in a programme of events promoted by Surrey Schools Swimming Association.

	Team	Swimming Training
Y7	U12	Tuesdays and Thursdays 3.15 – 4.30pm
Y8	U13	Mondays and Wednesdays 3.15 – 4.30pm
Y9	U14	Mondays and Wednesdays 3.15 – 4.30pm
Y10 and Seniors	U18	Mondays and Wednesdays 3.15 – 4.30pm

College swimming team hat, team shirt, plain black swimming briefs, aqua-shorts or jammers  
Coaching staff: tbc and training start date tbc  
Master i/c Swimming: Mr G Blowes

# Minor Sports

In addition to the major sports, the school aims to provide sport for all pupils through an extensive and growing programme of Minor Sports. The aim of the **Minor Sports** programme is:

- to be open to all
- to be run as much for health and enjoyment as for competition
- to have a handful of fixtures or events

All pupils are encouraged to find at least one sport they enjoy. We do expect pupils to make a commitment to minor sports – once they have signed on, they are expected to attend regularly and participate in any fixtures and events.

## Boxing

One of the most popular and highly attended minor sports Wimbledon College offers. Wimbledon College Amateur Boxing Club (ABC) is a Boxing Club fully affiliated to 'Amateur Boxing Alliance.' Pupils from all year groups welcome (we are particularly keen to get pupils in Yr7 and Yr8 join), however, this is a competitive contact sport and there has to be a reasonably high level of fitness and strength initially expected and required for pupils to go on and represent the College competitively. The club has excellent equipment and two very experienced coaches. Those that are considered ready and have demonstrated the ability to box to a high standard will have the opportunity to box competitively against other pupils of similar age/ability from other boxing clubs across the country and enter both London and National Boxing Championships

Y7-Y13

**Autumn, Spring and first ½ of Summer Term**

Wednesdays 3.10-4.30pm Competition Boxers (Weights Room)

Fridays 3.10 – 5.00pm (Sports Hall)

Boxing club vest (to be purchased from Head Coach) and gum shield to be purchased (own).

Club termly fee is £20 payable in the first four weeks of season

Master i/c Boxing: Mr S Afshar & Mr Kuczewski

## Cross-Country Running

Cross Country Running is open to all pupils, in all years.

The pupils participate in local, regional and national competitions where they compete against other schools and clubs. There is the possibility of borough, district, county, and regional representation too!

**Autumn and Spring Terms**

Training – this is overseen by coaches at Hercules Wimbledon Athletic Club.

Training takes place on Tuesdays and Thursdays from 6pm to 7.30pm at Wimbledon Park Athletics Stadium

Training kit – College PE kit and trainers

Competitions – A College running vest is provided. Pupils must bring their own white shorts, white socks, trainers / football boots / Cross Country running spikes (if they have a personal pair)

Master i/c of Cross Country: Mr A Soalla-Bell

## **Fitness Training**

Fitness Training is a term for the many types of exercise devoted to the increase of muscle tone, strength and endurance. The combination of resistance training with a program of aerobic exercise is a key component to overall individual health. Benefits include raised metabolism, strengthening bones, increased endurance, resistance to injury, increased confidence and improved co-ordination and balance. Training will range from beginner to advanced with focus on resistance training and isometric exercise. All muscle groups will be targeted. Attention will also be paid to sport specific muscle development.

This club will also offer the opportunity for those who wish to build their cardiovascular and muscular endurance using the CV machines

### **Y7-13**

Tuesdays 3.30-4.20pm (Fitness Room)

College PE kit to be worn

Teacher i/c: Mr J McDonald

### **Y7-13**

Wednesdays 3.15-4.10pm (Fitness Room)

College PE kit to be worn

Teacher i/c: Mr G Rodrigues

Numbers per session will be limited and pupils may have to do an induction prior to being allowed in. PE staff will do the induction.

Wimbledon College  
September 2022